THREE MEALS A DAY

Food, of course, must be well seasoned to be worthy of its piquancy

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

For a line fish canape, flake fish and mix a little lemon juice. Season with salt and paprika and moisten with mayonnaise. Spread rounds of bread with butter, cover with the fish mixture, then sprinkle with grated cheese. Put under broiler until cheese melts and is slightly browned.

Put all trimmings from lamb (left-overs, bones from roast or chops) into a kettle with left-over gravy, an onion, 1 bay leaf, a few peppercorns, celery seed, or the dried celery leaves. Add any leftover vegetables and enough vegetable water or plain water to cover. Boil slowly several hours and strain. Add necessary seasonings, such as salt, pepper or kitchen bouquet. A little boiled rice may be added to the broth.

If crusts are to be removed from sandwiches, it should be done before the bread is sliced. They should be removed for dainty sandwiches but always left on for picnic or school use. Cutting off the crusts before slicing ensures uniformity in size and shape of slices and does away with wasting butter on crusts. The crusts may be used in various ways.

A blend of almond and vanilla flavorings is often better than almond alone, and a blend of lemon and vanilla better than lemon alone.

In so far as possible, one should buy fruits and vegetables by weight rather than measure or count. A pound of string beans is a definite quantity, but a quart will vary, depending upon whether the dealer packs the measure or fills it loosely.

Fresh fish should be free from strong odors, the flesh firm, not flabby; the gills red, the eye fresh, firm, clear and moist. If scales are dull and come off easily, reject the fish. Other characteristics apply to special varieties and should be learned from a reliable dealer. Since fresh fish is very perishable, it is best to buy for not moe than one day ahead. Keep in the coldest part of the refrigerator. Allow ½ pound fish, as bought per person. One pound of fish without waste should produce about two cups of cooked flaked fish.

The nut and oleo margarines are less expensive than butter but are nicely flavored and salted for table use. They should really not be considered a substitute but rather another product suitable for the same use as butter. In the manufacture of these products, liquid fat, either of animal or vegetable source, is churned with milk. The oil may be principally olein from meat source, giving the name oleo margarine; or it may be derived from peanuts, coconut or other nuts, making a true vegetable margarine. They are purchased uncolored to distinguish them from butter, but they may be easily colored at home for table use.

In the maidless household, the hostess will find great convenience in a tea wagon or any other kind of serving table that may stand at her right ready to help.

Bedspreads when ironed should be ironed the long way to avoid stretching entirely out of shape. Candlewick and chenille spreads need no ironing; just shake out and brush when dry.

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Eggs In Baked Potatoes

There are certain dishes and combinations of foods that one need only read about to know that here is something that will suit the family to the well-known "T". Such a one is this combination of eggs in baked potatoes—oh yes, there is cheese included too—try it for any meal soon.

EGGS IN BAKED POTATOES
6 potatoes
6 eggs
6 teaspoons butter
6 tablespoons grated cheese

Bake the potatoes, cut off the top and remove half of the inside of potato, in its place drop a raw egg, salt, cayenne pepper, 1 tablespoon cheese and 1 teaspoon of butter in each. Put back into hot oven and bake for 4 minutes.

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Sweet Potato Puff

2 cups mashed sweet potatoes
2 tablespoons fat
1 egg
¼ cup milk or cream
Salt and pepper

To the mashed sweet potatoes add the mleted fat, seasonings and milk. Beat the egg-yolk and white separately, add the yolk to the potato mixture, and then fold in the white. Put into a baking dish or individual molds, set in a pan containing hot water and bake (375 F.) until puffy and brown.

Duck A La Creole For The Sunday Following New Year's Day

After the huge New Year's Day dinner, there won't be many people inclined to either cook, or eat the usual large Sunday meal, but the housewife can practically scrape the carcass of those last remaining bits of New Year's duck, (if that was her choice for the day), and prepare and serve a very tasty meal. Using, of course, left-over vegetables, or one fresh, as she wishes. Possibly adding a different dessert too. In any event, Sunday will be more of a day of rest because of Saturday efforts.

DUCK A LA CREOLE
2 tablespoons fat
1 tablespoons flour
2 tablespoons chopped ham
¾ teaspoon salt
⅛ teaspoon pepper
Paprika
2 tablespoons minced onion
½ cup chopped celery
2 tablespoons chopped sweet pepper
1 tablespoon chopped parsley
1½ cups consomme or bouillon
1 whole clove
¼ teaspoon mace
2 cups diced cooked duck

Melt fat, add flour, and stir in ham. Season with salt, pepper, paprika, onion, celery, sweet pepper and parsley. Stir for 2 minutes, add consomme or bouillon, clove and mace. Simmer 1 hour. Strain sauce and stir in cooked duck. Heat and serve with fried hominy or mush. Serves 4.

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Eggplant Fritters

1 eggplant
1 egg
Salt and pepper
Flour

Cut the eggplant in half and boil in salted water until tender (about ¾ hour), depending on size of eggplant. Drain and scoop out pulp from skin. Mash fine. Mix with egg, salt, pepper, and flour enough to make a batter; begin with 1 heaping tablespoon and add more if necessary. Fry in hot, greased skillet, dropping in by spoonsful like pancakes.

BAKED EGGPLANT
1 eggplant
1 onion, minced
½ tablespoon flour
1 tablespoon butter
Breadcrumbs

Cut eggplant in half and put into mold, salted water to boil until tender (about 30 to 45 minutes). Brown onion with flour in the tablespoon of butter. Scoop out eggplant pulp and mix with onion and season with salt and pepper. Put mixture in buttered baking dish, sprinkle top with breadcrumbs, and dot with butter. Bake until brown on top in hot oven, 10 to 15 minutes.

This may be varied by the addition of a little cooked chopped meat or 1 cup or tomato pulp.

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For the average family, two carving knives are desirable; one with a long keen blade for large roasts, and a smaller, lighter one for steaks, cutlets and poultry. One two pronged fork can be used with both knives.

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Oyster Pie

2 dozen oysters
1½ cups oyster liquor
1 tablespoon finely chopped parsley
1 tablespoon finely chopped celery
2 tablespoons rolled bread crumbs
1 teaspoon onion juice
1 hard-boiled egg
1 tablespoon butter
Salt and white pepper
Pie dough

Strain the oyster liquor through a cheesecloth and bring it to a boil with the butter, parsley, and celery. Mash the egg with the bread crumbs, and mix to a paste with a little of the oyster liquor; add to the rest of the liquor; season with salt and white pepper, and let thicken for 2 minutes. Clean the oysters and wipe them dry; put them in a baking dish and pour the sauce over them. Cover with plain pastry rolled to ¼ inch thickness. Make several incisions in the crust; press down the edges with a fork; brush over with milk and cook in a moderate oven (350 F.) ½ hour.

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Peter Pan Ears Of Corn

1 cup yellow corn meal
1 tablespoon salt
2 tablespoons sugar
1 cup boiling water
2½ tablespoons baking powder
½ cup sifted flour
⅓ cup milk
1 egg, well beaten
¼ cup melted butter or other shortening

Combine corn meal, salt and sugar. Stir in boiling water and set aside to cool slightly. Sift flour once, measure, add baking powder and sift again. Add milk, egg and shortening to hot meal, then add flour, beating only enough to dampen all flour. Bake in greased corn-ear or muffin pans in hot oven (425 F.) 20 minutes. Makes 12 ears of corn.

Dutch Apple Cake With Lemon Sauce

There are ever so many menues that seem to definitely call for an apple dessert—though it is true that everyone won't require the apple dessert is a "must" after a fish dinner, others desire one after say, duck—but no matter—when apple desserts are in order one should always remember a Dutch apple cake for a sure bet.

DUTCH APPLE CAKE
2 cups sifted cake flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons butter or other shortening
1 egg
2-3 cup milk (about)
4 sour apples
2 tablespoons sugar
Cinnamon

Sift flour once, measure, add baking powder and salt and sift again. Work in shortening with tips of fingers, blender, or knives, add milk with the well beaten egg, and mix quickly with a knife. The dough must be soft enough to spread in a shallow baking pan. Have ready, pared, cored and cut in quarters, the apples and when dough has been spread in the buttered pan, press apples into dough in parallel rows. Sprinkle the apples with the sugar and a little cinnamon. Bake in a hot oven (400 F.) one-half hour, or until done. Serve hot with

2 cups hot water
1 cup sugar
1 lemon rind and juice
2 tablespoons cornstarch
2 tablespoons butter or substitute

Mix the sugar and cornstarch, add the boiling water gradually, stirring constantly. Cook 8 to 10 minutes, add lemon juice and butter. Serve hot. If stronger lemon flavor is desired, add grated lemon rind.

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Potato Soup

Here is a quick and easy soup that will make a very tasty and filling first course:

POTATO SOUP
2 tablespoons quick-cooking tapioca
1 teaspoon salt
Dash of Cayenne
Dash of pepper
2 cups hot mashed potatoes
½ small onion
3½ cups milk
1 tablespoon parsley, chopped
4 tablespoons butter or margarine

Combine dry ingredients, potatoes, onion and milk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Add parsley and butter, remove onion. Serve 4 to 6.

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Chocolate Peppermint Cake

2 cups sifted cake flour
1 teaspoon soda
½ teaspoon salt
⅓ cup butter or other shortening
1¼ cups sugar
1 egg, beaten
1 square unsweetened chocolate, melted
1 teaspoon vanilla
½ cup sour cream
1 cup sweet milk

Sift flour once, measure, add soda and salt, and sift together three times. Cream shortening, add sugar gradually and cream together well. Add egg and beat very thoroughly. Add chocolate and vanilla; blend. Add about ¼ of flour and beat well; then add sour cream and beat thoroughly. Add remaining flour in fourths, alternately with milk in thirds, beating after each addition until smooth. Turn quickly into two greased 9-inch layer pans and bake in moderate oven (350 F.) 25 to 30 minutes. Spread Peppermint frosting between layers and on top and sides of cake. Decorate with a 1-inch border of chocolate flakes.

PEPPERMINT FROSTISNG
2 egg whites, unbeaten
1½ cups sugar
5 tablespoons water
1½ teaspoons light corn syrup
¼ teaspoon peppermint extract
Red coloring

Combine egg whites, sugar, water, and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add peppermint and red coloring to give frosting a delicate pink color and beat until thick enough to spread.

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French Toast

1 egg, slightly beaten
½ cup milk
¼ teaspoon salt
3 slices bread (¾ inch thick), cut in triangles

Combine egg, milk, and salt. Dip slices of bread in mixture and fry in deep fat (300 F.) 2 minutes, or until golden brown. Drain on unglazed paper. (Slices may also be sauteed in hot fat on griddle.) Serve with syrup. Makes 6 triangles.

Coventry Tartlets To Replace The Usual Pie

In place of the usual pice, which we grant is a very popular dessert, try serving a tasty tartlet, such as these—

COVENTRY TARTLETS
½ pound cream cheese
½ cup sugar
¼ cup butter or substitute
2 egg yolks
½ teaspoon salt
¼ teaspoon nutmeg
1 tablespoon orange juice

Mix the cheese with the other ingredients until creamy. Line a dozen deep molds with puff of flaky paste. Prick and fill with the cheese mixture. Bake in a hot oven (450 F.) for ten minutes. Then reduce the heat to (325 F.) and bake until golden brown and firm. When done, turn upside down on a sheet of paper and leave to cool. Spread each tartlet with apricot or currant marmalade, quince or apple jelly or greengage jam.

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Celery-Nut-Potato Loaf For A Meatless Menu

Various vegetarian dishes suitable for a meatless menu really aren't so difficult for the housewife to prepare as she would imagine. Too, these dishes are numerous and offer quite a large variety of flavors. Such a one is

CELERY - NUT - POTATO LOAF
2 large stalks celery
¾ cup chopped nuts
3 cups mashed potatoes
4 tablespoons fat
1 egg
1 teaspoon salt
⅛ teaspoon paprika
2 teaspoons grated onion

Wash, cut in small pieces and cook the celery until tender in a small amount of boiling, salted water. Drain off liquid. (This may be used for soup stock later). Then add the other ingredients to the celery in the order in which they are given. Combine them carefully, pack in a loaf in a greased breadpan, and bake in a moderate oven (350-400 F.) thirty-five minutes. Serve with tomato sauce.

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Peanut Butter Cutlets

With the children home from school and so busy playing, they do either of two things—they might come home starving at noon time or they might be so engrossed in the playing that they don't want to stop for lunch unless something very appealing is offered. Well, one way or other, here is a luncheon dish that will please the children and really bring them on the run:

PEANUT BUTTER CUTLETS
1½ cups peanut butter
1½ cups hot milk
1 teaspoon salt
Pepper
? 6 half-inch slices of bread

Mix peanut buter with hot milk and seasoning, mixing together thoroughly. Dip slices of bread into the peanut-butter mixture. Garnish with pickles and olives.

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Different Bacteria

Bacteria are of several different types. Some of the most heat-resistant forms in canning, such as spore-bearing types, are found in the soil and may contaminate the vegetables, particularly snap beans and greens which grow near the soil.

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Future Building

The economical way of building the bathroom and kitchen of the near future may be to fabricate these rooms in the factory and ship them complete to the building site, some say. As built by presentday methods, these two rooms require more skilled manipulation, more experienced men to assemble on the job than any other rooms of the house. Now plastics cements may even make it possible to build without nails

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Avoid Spottiness

Avoid anything that gives a spotty appearance to your whole costume. For example, sets of hats, gloves and purses, matching either in color or material, will not make a smart-looking ensemble. The more subtle and less obvious combinations produce the most interesting effects. Bright-colored gloves also have a tendency to make the hands more conspicuous. Color added to either the hat or handbag will usually be more pleasing. Obvious color schemes are not likely to be becoming or interesting.

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Blazed Trails

Oliver Loving (1813-1867), early trail blazer, was born in Hopkins county, Ky, later moved to Texas and took up his home in Jack county. Like many early settlers he engaged in cattle raising. Loving made the first drive of cattle to Chicago from Texas in 1858. After the Civil war he and a partner made several trips north and then tried a drive to the western market at Santa Fe, N. M. This proved an ill-fated venture as he and his trail companion were set upon by Comanche Indians and Loving was wounded. Believing himself to be fatally stricken, he forced his companion to leave him. He survived his wounds.

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